



## DEPARTMENT OF THE INTERIOR

### INFORMATION SERVICE

#### FISH AND WILDLIFE SERVICE

For Release Upon Receipt

#### FWS ISSUES NEW FISH COOKERY BOOKLET FOR LARGE-QUANTITY USERS

A new publication, Fish Cookery for One Hundred, designed for those people who are responsible for preparing fishery products in large quantities, has been released recently by the Fish and Wildlife Service.

Cooking fish and shellfish requires techniques somewhat different from those used for other protein foods. Previous to this time, very little material has been published on quantity cooking of fish. The subject has been neglected principally because the development of quantity recipes requires thorough laboratory testing and few organizations have been adequately equipped to handle such an experiment.

The recipes contained in Fish Cookery for One Hundred were developed and tried out in the Quartermaster Test Kitchen, in Chicago, under the direction of Mrs. Rose G. Kerr, Fish and Wildlife Service home economist, who is the author of this publication.

The 44-page booklet is packed with essential information on how to purchase, prepare, and cook in quantity such nutritional foods as fish, oysters, shrimp, clams, lobsters, and crabs.

It is attractively illustrated with photographs showing how to clean and dress fish, and diagrams of the various market forms of fish and shellfish, as well as an invaluable purchaser's guide containing tips on economical buying.

Fifty-three basic recipes are included. Fourteen of them tell how to prepare fish sauces and stuffings.

Fish Cookery for One Hundred may be purchased from the Superintendent of Documents, Government Printing Office, Washington 25, D. C., for 30 cents.

One example of the FWS recipes in the publication is:

#### FISH BIRDS

Fish, fillets	30 pounds
Salt	4 tablespoons
Pepper	1 tablespoon
Bacon, sliced (optional)	1-1/2 pounds
Bread stuffing	

1. Remove skin and cut fillets into serving-size portions---about 5 ounces each.
2. Place a small roll of stuffing on each piece of fish.
3. Roll fish around stuffing and fasten with toothpicks or skewers.
4. Place rolls in well-greased baking pans and lay one-third slice of bacon on the top of each.
5. Bake in a moderate oven 350° F. for about 30 minutes.
6. Take out fastenings, garnish, and serve immediately, plain or with a sauce.

Servings: 100--Approximately 6-1/2 ounces each.